

# Water Fitness Calendar

TIME	MON	TUE	WED	THU	FRI	SAT
7:15am		Water Aerobics ♥♥♥		Water Aerobics ♥♥♥		
8:00am						Water Aerobics ♥♥♥
9:15am	Shallow & Deep Water Combo ♥♥♥	Water Aerobics ♥♥♥	Shallow & Deep Water Combo ♥♥♥	Water Aerobics ♥♥♥	Shallow & Deep Water Combo ♥♥♥	
10:30am	Senior Water Exercise ♥♥	Water Works! ♥	Senior Water Exercise ♥♥	Water Works! ♥	Senior Water Exercise ♥♥	
5:45pm	Current Calisthenics ♥♥♥		Current Calisthenics ♥♥♥			
8:20pm		Aqua Circuit Training ♥♥♥♥		Aqua Circuit Training ♥♥♥♥		

***Determine  
your level by  
using the  
Heart Chart!***

Level ♥

A gentle fitness session that will elevate heart rate and is perfect for the fitness beginner

Level ♥♥

Generally low impact exercise sessions and may include floor-based exercises to tone the body

Level ♥♥♥

Includes a mix of low and high impact exercise, working your heart at different intensity levels

Level ♥♥♥♥

These sessions can be demanding but you're ready for a challenge

